

THRIVE

To get more information contact your [MFS Coordinator](#)

Making the most of your posting to the US....

Connect with your designated Military Family Services Staff in the US who are ready to help in any way they can.

MFS Programs, Services and Activities

- Virtual Programs and Services available across the US
- Local and National Newsletters and access to Facebook groups where available
- Local MFS Programs and services
- Local Community Services
- Information and Referral
- Welcome Activities and ongoing social and support services
- Check into our Spousal Sponsor Program; where available

Get your NORAD and CDLS(W) Welcome Books and access to their websites for all the procedural information that you need to know

- These books provide you with all the latest details on processes and procedures to help you make the most of your time in the US

Your CAF Member will be informed of CDN DET activities, services and events

- Know what is going on with the Mess and other CDN Detachment activities/events.
- Understand when you or your member must use the Orderly Room to support you.

Know how to access our FAQs. Some examples are:

- Getting an EAD (Employment Authorization Document) / Renewing an EAD
- Employment Insurance while in the US / Employment Support for Spouses in the US
- Having a Baby in the US
- Returning to Canada

Get out in the Community!

- Your experience will be all the richer by integrating into the community and making American friends
- We can provide Information and Referral to any kind of thing you are looking for so just give us a call!

Attend a Virtual Q & A or orientation session with MFS Staff in the US dedicated to supporting you and learn about what to expect on your new adventure. [Link to Virtual](#)

